

Claims

1. A promoter for increasing plasma volume containing as an active ingredient a gel composition comprising the following components and having a pH in the range of 3 to 4:

Protein that does not coagulate at pH 3 to pH 4		3 - 8 wt.%
Calcium		0.1 - 0.5 wt.%
10	Acids	0.5 - 3 wt.%
Carbohydrate		4 - 20 wt.%
Fat		0 - 5 wt.%
Emulsifying agent		0 - 0.5 wt.%
Agar		0.1 - 1 wt.%
15	Water	65 - 90 wt.%

2. The promoter according to claim 1 wherein the gel composition further comprises 0.1 to 20 wt.% of at least one masking agent selected from the group consisting of fruit juice, fermented milk, hard-to-digest dextrin, hydrogenated resistant maltodextrin, nigerooligosaccharide and trehalose.

3. The promoter according to claim 1 or 2 wherein the gel composition further comprises vitamin D in

an amount of 0.1×10^{-6} to 10×10^{-6} wt.%.

4. A food containing the promoter of any of claims 1 to 3.